



INFORMATION BULLETIN



FINAL 10KM 5KM

ROMA (ITA)

16th- 17th September 2017

Bracciano Lake



LEN Official Sponsors



LOC Partners





LEN OPEN WATER CUP 2017 - FINAL BRACCIANO (ITA) 16-17 September

The Italian Swimming Federation has the honor and pleasure to invite you all to participate at the Final of the European Open Water Swimming Cup which will be held at Bracciano Lake, on September 16th and 17th 2017.

The Lake of Bracciano is a lake of volcanic origin located in the Italian region of Lazio, 32 km northwest from ROME. It is the second largest lake in the region (second only to Lake Bolsena) and has a circular perimeter of approximately 32 km (20 mi). Its inflow is from precipitation runoff and percolation, and from underground springs, and its outflow is the Arrone

The lake owes its origin to intense volcanic activity from 600,000 to 40,000 years before present, which created many small volcanoes in the Sabatino territory. The main magma chamber was situated under the present lake of Bracciano. Its collapse created the caldera now occupied by the lake, which is a crater lake. Some small craters are still recognisable around the lake and in the immediate vicinity.

Three towns border the lake, Bracciano, Anguillara Sabazia and Trevignano Romano.

The lake is an important tourist attraction situated near Rome. As it serves as a drinking water reservoir for the city of Rome it has been under control since 1986 in order to avoid pollution of its waters. The use of motorboats is strictly forbidden (exceptions being made for a few professional fisherman and the authorities), and a centralised sewer system has been built for all the bordering towns in order to avoid any spoiling of the water quality. This makes Bracciano one of the cleanest lakes of Italy. The absence of motorized navigation (apart from police boats) favours sailing, canoeing and swimming.

In the last few years the lake and its surroundings have been brought under further protection by the creation of a regional park, the Parco Regionale del *complesso lacuale di Bracciano/Martignano*.



Preliminary Entry Form:	11 August 2017
Hotel Reservation Form	11 August 2017
Final Accommodation and Travel form	21 August 2017
Final Entry Form	6 September 2017

Contact information:

Italian Swimming Federation

Email: international@federnuoto.it; flaminia.guidi@federnuoto.it

Tel: +39.06.36.200.406

Note: Copy of Preliminary and Final Entry Forms must also be sent to LEN

Office: lenoffice@len.eu



Official Hotel:

ALFREDO HOTEL AND RESTAURANT

Via Circumlacuale 7/A Bracciano (RM)

<http://www.alfredohotel.com/>

email: info@alfredohotel.com

tel: +39 0699802168

Full board accommodation costs, transportation included, per person per night are as follows:

- ✓ **Single room: 120,00 Euro**
- ✓ **Twin room: 95,00 Euro**
- ✓ **Triple room: 85,00 Euro**

Official Accommodation dates: 14-18 September 2017

FB: from lunch on arrival date to breakfast on departure date.

The Alfred Hotel has a 25 meter swimming-pool overlooking the lake and the competition venue which will be available for training starting from Thursday 14th September, afternoon.



HOTEL RESERVATION POLICY

30% of accommodation costs must be paid by bank transfer no later than 11th August 2017.

Final Payment of the balance must be made not later than 21st August 2017.

All payments must be made by bank transfer to the following account:

BENEFICIARY: Da Alfredo s.r.l.

BANK: BCC Formello e Trevignano Romano

IBAN: IT 25 E 08812 39470 000000090137

BIC CODE : ICRAITRRMKo

HOTEL CANCELLATION POLICY

From August 21st 50% hotel cancellation fee

From September 6th 100% hotel cancellation fee



VISA ASSISTANCE

All those needing a VISA to enter in Italy, please forward your request no later than 21st august 2017 indicating:

- Complete name as per passport
- Birthdate
- Passport Number
- Passport Expiry date
- Role/Position
- Dates of arrival and departure from Italy

ACCREDITATION

Accreditation will be made by Microplus. Info will follow.



PROGRAM

Thursday 14 September 2017

Arrival

4:30 – 7:00 p.m. training at the pool

Friday 15 September

9:00/12:00 a.m. training at pool/competition venue

2:30 p.m. Technical Meeting

4:30 – 7:00 p.m. training pool/competition venue

Saturday 16 September 2017

9:30 a.m. 10 km Men

3:00 p.m. 10 km women

Award Ceremonies

Official dinner 20.30 (two persons per delegation)

Sunday 17 September

9:0 a.m. 5 km Men

12:00 a.m. 5 km Women

Award Ceremonies

Free afternoon/Touristic visit

Monday 18 September

Departures

